

Table 1. Baseline measurements for each intervention factor.^a

	No GP prescription	GP prescription	No nurse counselling	Nurse counselling	No booklet	Booklet
Demographics						
Percentage male	43.6	45.6	47.4	41.4	42.5	46.6
Age in years	57.44 (12.24)	60.44 (11.59)	59.72 (10.88)	59.97 (13.10)	58.24 (11.57)	59.52 (12.45)
Percentage non-smoking	96.1	91.2	93.4	94.3	93.2	98.6
Years of education since age of 10 years	7.19 (3.01)	6.53 (2.84)	7.08 (3.30)	6.67 (2.49)	6.75 (2.77)	7.03 (3.13)
Primary outcomes						
Metres of distance walked	614.65 (103.37)	576.36 (106.39)	608.14 (107.39)	583.86 (104.21)	607.60 (105.12)	585.38 (106.82)
Godin Score ^b	16.12 (13.51)	18.04 (23.69)	18.43 (23.13)	15.47 (12.84)	16.37 (17.91)	17.66 (19.95)
Secondary variables						
Weight in kg	82.63 (15.06)	82.45 (13.88)	81.97 (13.72)	83.16 (15.29)	83.04 (15.23)	82.04 (13.73)
Systolic blood pressure in mmHg	142.95 (19.14)	145.58 (21.74)	143.53 (19.72)	144.89 (21.18)	142.80 (21.24)	145.59 (19.53)
Diastolic blood pressure in mmHg	87.01 (10.42)	86.25 (10.46)	86.35 (11.17)	86.97 (9.62)	86.36 (9.63)	86.95 (11.20)
Total cholesterol level in mmol/l	5.95 (1.07)	5.97 (1.06)	5.93 (1.11)	5.99 (1.02)	6.02 (1.10)	5.90 (1.02)
HDL cholesterol level in mmol	1.42 (0.39)	1.41 (0.45)	1.40 (0.44)	1.44 (0.40)	1.34 (0.37)	1.50 (0.45)
Cholesterol/HDL ratio	4.43 (1.31)	4.56 (1.39)	4.52 (1.29)	4.46 (1.42)	4.76 (1.36)	4.21 (1.28)
Questionnaire outcomes						
Anxiety Score ^c	6.86 (4.28)	7.29 (4.66)	7.12 (4.06)	7.00 (4.89)	7.77 (4.42)	6.32 (4.40)
Depression Score ^c	4.53 (3.40)	4.57 (2.86)	4.41 (2.99)	4.70 (3.32)	4.82 (3.27)	4.28 (3.01)
HAD Score ^c	11.40 (6.77)	11.92 (6.70)	11.53 (6.29)	11.77 (7.21)	12.59 (6.95)	10.66 (6.37)
Stage of change ^d	3.37 (1.47)	3.27 (1.66)	3.47 (1.65)	3.17 (1.44)	3.40 (1.48)	3.25 (1.64)
Intention, measured by 9-point scale	7.51 (1.60)	6.96 (2.12)	6.95 (2.02)	7.50 (1.68)	7.27 (1.80)	7.14 (1.98)

^aMean values (standard deviation) unless stated. ^bThis weights activity according to the energy expenditure: the approximate number of 15-minute sessions of mild, moderate and strenuous activity taken each week are multiplied by the relative energy expenditure in each group (3, 5 and 9 respectively) to obtain the Godin score. ^cThese are based on responses to the Hospital Anxiety and Depression Questionnaire, consisting of 14 multiple choice questions; 7 assessing depression and 7 assessing anxiety. Maximum scores: depression = 21, anxiety = 21, total = 42 (the higher the score, the more anxious and depressed a person is). ^dThis is a scale from 1-6 (1 = 'I don't intend to and have not tried in the last 6 months'; 2 = 'not tried, but thinking about starting'; 3 = 'tried but did not succeed'; 4 = 'I definitely plan to change in the next 30 days'; 5 = 'I have changed for less than 6 months'; 6 = 'for 6 months I have managed to take regular exercise').